

Psyc101-005 Course Syllabus

Introduction to Biological & Cognitive Psychology

Instructor: Dr Eva Zysk, PhD, PGCHE, SFHEA



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Office Hours:

My OH are of “everyone-welcome” style. This means you’re encouraged to attend, ask qns, discuss the content, or just listen to the Q&A (and my assessment tips)! You can pop in & out of the OHs as you please.

Date/Time/Virtual Location:

To be announced on Canvas

About Eva: Research interests: OCD contamination fears, virtual reality treatment of social anxiety & public speaking fears. Has been enthusiastically teaching psychology for over 8 years. Loves volleyball, travel, cake, dogs, humour, and dank memes.



Co-Instructor: Professor Baloo

You may hear a rambunctious 10-month-old rescue kitten bouncing off walls bug-hunting or singing cat opera in the background of my recordings, or see him running across my keyboard or even jumping on my shoulder unannounced in OHs. He’s also adept sending gibberish emails. He will serve as some class examples: for e.g. can a stray cat be taught tricks or be toilet-trained? Stay tuned...



Teaching Assistants:

Monica Emode

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Completing MSc in Population and Public Health



Ellie Zambrano

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2nd Year MA in Health Psych



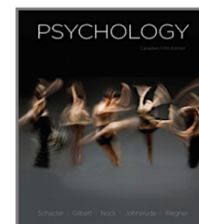
TAs’ Office Hours:

Updated weekly on Canvas Announcements

Required Course Materials: Schacter 5th Canadian Edition Custom Package - Volume 1 with 6 months of Launchpad access, OR - Full Text with 24 months of Launchpad access (Psyc101 and any section of Psyc102). E-textbook is just fine (and cheaper); you don’t need a hardcopy (save the rainforest!). In addition, there may be other assigned readings, videos, blogs, etc. throughout the term (but not too many!). Academic papers can be found through the [UBC Library](#).

→ Please keep the receipt from your text purchase; you will need this receipt for creating/validating your LaunchPad account.

→ If you purchase your text elsewhere, or if you have a different edition of the text, you will not be able to access Launchpad.



Canvas: On Canvas you’ll find the course info; lecture materials; additional resources; assessment info; our Q&A forum (Piazza); your grades; and other useful materials. Ensure to set up your announcement alerts so you don’t miss important info: Accounts → Notifications → Announcements → “Notify me right away”.

➤ Did you know you can also download the Canvas App?

Course Description

This exciting and fascinating 3-credit course will introduce you to some of the major research areas within the field of psychology: the scientific study of the brain, the mind, and behaviour. The course begins with an overview of psychology, its history, and its scientific approaches and research methods, and then covers several fundamental topics including: biopsychology, sensation & perception, consciousness, memory, learning, language, thinking, and more! Lectures will involve us covering relevant information, gaining critical skills, and engaging in virtual interactivity; you will also get plenty of examples of how these psychological principles play a role in our day-to-day lives, and get ideas for some life hacks.

Learning Objectives:

By the end of this course you should be able to:

1. Define modern psychology and identify its major perspectives.
2. Recognize, connect, and evaluate psychological concepts and theories from specific subfields (e.g., biological and cognitive).
3. Apply psychological principles to daily life.
4. Differentiate between commonly-used research methods in psychology, including experimental and correlational designs.
5. Design a basic research study with appropriate controls.
6. Use and interpret basic descriptive statistics and graphs.
7. Critically evaluate information that you encounter in your daily life, and draw informed conclusions.
8. Use empirical research articles to develop arguments.
9. Demonstrate effective study skills (and acknowledge some psychological principles behind them).

Course Engagement: Activities throughout the term will involve virtual interactive learning, so be prepared to get involved, learn from one another, and to even have fun in doing so! Pedagogical research shows active participation predicts better course grades, so high levels of engagement are valued, highly encouraged... and also graded (see below).



Class Preparation: For most classes, unless otherwise instructed, there will be no pre-reading; i.e. you will not need to read the associated chapter before the class. I will make my lecture videos available on Canvas in time for each scheduled session. You will have 24hrs to watch each video and I will later post my slides for review purposes; you will see they will contain extra communication boxes, tips, and even some dank memes and lame jokes. Do ensure you add your own notes from each video session; do not entirely rely on the uploaded notes alone.

N.B.: Instructor materials are not permitted to be shared outside our course without agreement. Please just ask!

How will this class look online for 2020?



I will teach you in a room.
I will teach you now on Zoom.
I will teach you in your house.
I will teach you with a mouse.
I will teach you here and there.
I will teach you because I care.
So just do your very best.
And do not worry about the rest.

2020 has been a bummer for all of us in different ways. I especially feel for our incoming students who are not getting the typical first year UBC experience (you will get it next year!). However, with many challenges come many opportunities, and we will work to capitalize on those in the running of this year's course online. I have strived to provide you with an engaging and an as-accessible-as-possible complete-it-at-home-in-your-PJs Psych101-005 experience. Here's what this course has in store for you:

Q: Will I need to attend the course in real time, i.e. 12pm PST?

A: UPDATE: I will do my lectures live. I hope you can attend, but it's ok if you cannot.

- For any lectures you cannot attend, you will have 24hrs to watch the lecture video and complete the corresponding activities for *participation points* (not correctness, unless otherwise specified!).
 - Don't worry if you are unable to "attend" a lecture in the 24hr time. There will be ~32 content lectures, and I will allow some leeway so you can still get full participation points even if you miss "attendance" at a few lectures.
- You should aim to complete each recorded lecture with at least one other person from your Learning Community (see below). There will be some activities for which this will be necessary to get your engagement point for the day.

Q: How will we communicate?

A: You will receive key information through Video Lectures and Canvas Announcements

Q: How will I be supported in taking this course?

A: You will be supported in many different ways!

- The Instructor and TAs will each hold open **Office Hours** at times students around the globe can attend
 - Drop by and say hi, or even just eavesdrop on the qns and our answers!
 - If you have a personal matter, email us to book a private appointment
- You can pose your questions in our 24hr **Piazza Q&A** forum
- You will be supported by your peer **Learning Community**
- There will be lots of **Resources** available to you
- If you need any **additional support**, please do not hesitate to reach out.

Q: What will exams look like?

A: You will write your exams remotely using Proctorio. Don't look it up; it may sound scarier than it is! Wait for me tell you about it instead and reassure you about exactly how we will use it and why it's useful. Students not mind it when we used it last year!

Q: Will I get to meet and work with other students?

A: There will be lots of opportunities in this class to meet classmates, interact, collaborate, and make friends. It will be up to you to use the opportunities at the start of the course to help you get the most out of this course. You will be expected to work with your learning community. The better impression you make at the start, the more options you may find you have when it comes to choosing partners for assessed activities.

Q: Ok, so what exactly is this Learning Community? And what is MS Teams?

- You will be assigned to a **Learning Community** comprising ~12 students for the duration of the term.
- You will be grouped together on MS Teams where you can interact, socialize, and work together on the course material and help one another. You are each asked to take initiative early on to help make yours a bright, lively, proactive and supportive community right from the start. The more you and your group members put into it, the more you will all get out of it*
- Each Learning Community will be split into 2-3 **Learning Groups (LGs)**. You will choose which LG will be best suited based on your Time Zone so that you always have some classmates with the same availability. If you miss a live lecture, you should watch the recording with a student from your LG or LC (or another classmate).
- **MS Teams** allows you to chat with your Learning Community & Learning Group; send direct messages; make video/audio calls; share files which get saved to your [One Drive](#); and collaborate on documents in real time.
- Learning Community members will fill in a participation rubric for their peers that will count for 5% of the grade.
- The TAs and I will not be accessing your MS Teams group pages (unless a rare specific need/concern arises).
- **Please set up your Microsoft Account now by following instructions on page 2 of the [MS Teams Student Guide](#).**
- * In rare cases where students feel they need to switch Learning Communities, they may apply with their reason in writing to Eva, and they may subsequently be placed at random in another LC needing more members.

Q: Where can I ask questions?

A: Piazza & Office Hours!



Firstly, remember that we like qns! *Perhaps you are confused because I didn't explain something well? Maybe you would like more examples? Maybe you are interested in learning more about the topic? Maybe you are making connections with other courses or in your own life? Maybe you are lost and don't know where to start?* Whatever your question, and whatever the reason, questions are always encouraged. It is highly likely you are not the only one with that question. Given that we want *all* students to benefit from our answers, we will be using **Piazza** as our class Q&A and discussion

forum. Here you will receive efficient help. We highly encourage other students to answer questions they know the answers to (don't worry, we can correct these if they're not fully accurate, or endorse excellent answers). Students are expected to regularly be active on Piazza through helping answer some questions and taking part in some discussions, and in following along with the relevant posts (you will not be expected to read all the posts). [Sign up](#) to Piazza on Canvas with your preferred first name, surname, and your (ideally [UBC](#)) email address.

- o TAs and I are eager to support your learning so do drop by our virtual OHs and chat about all things psychology-related (or just join and listen in!!) You will not be asked to turn on your video nor speak if you choose not to; for e.g., you can instead use the chat function to ask us questions in OHs – although of course it is nice for us to see your faces and chat with you whenever you do choose to do so.

Health Concerns / Personal matters: If you are experiencing psychological or physical ill-health, please arrange for an appointment with your personal GP, or you can assess UBC's [Student Health Services](#). Please don't hesitate to reach out to me if you are in need and there are any barriers preventing you from assessing any resources. Also, please contact me if there is a way I can help accommodate any of your needs in this course. If you require an extension or have missed a midterm, in the first instance you should aim to contact your Faculty Academic Advising office, and supply any evidence of your circumstances that you may have. They will liaise with me with regards to a new assignment deadline or alternate time to sit the referral midterm. Please see the final page of the syllabus for further details

How will we know if the learning objectives have been met?



Assessment Style	Brief Overview	Deadline / Date	Percent of Grade
Assignment 1	Design a Study - with partner from LC	Oct 5 th @ 11pm	8%
Midterm 1	Up to & including Biopsych (~50 mins)	Oct 14th 5-6pm*	15%**
Assignment 2	Choice of: Short Essay (solo) <u>OR</u> Group Debate video (6 ppl)	Choice of deadline: Nov 6 th 9am (.5/15 bonus) <u>OR</u> Nov 9 th 9am (no bonus)	15%
Midterm 2	Up to & including Memory (~50 mins)	Nov 16th 5-6pm*	15%**
LaunchPad Quizzes	Best 5 of 8 quiz scores	Throughout term (Dates on Canvas)	5%
Class Engagement	Virtual Participation & Engagement in the course	Regular engagement throughout term	10% (+2% bonus)
Learning Community Engagement	Peer grade for LC engagement	Regular participation throughout term	5%
REC: HSP Research Credits	Either (a) Research participation or (b) Library Project	(a) ~ end of November (b) ~ mid-November (See HSP website for deadlines)	2% (+1% bonus)
Final Exam	Up to 2.5 hours	Exam period: 7 rd -22 th December	25%**

*** Please email Eva by Sept 14th if you have a scheduling conflict**

***If you perform better on the final exam than BOTH of your midterms, the lowest midterm grade will be dropped ☺**

Assignments: Further details about each of the assignments will be given in lecture recordings and posted on Canvas after each is introduced and explained. Lateness penalty: 10% per day for first 4 business days, after which point, the assignment will not be accepted. Plan ahead in case of any technological issues (note that 1 minute late = 1 day late).

Midterm Exams: will be comprised of multiple-choice items and possibly some short written-response. Details will be given for each midterm in the lecture recordings in advance of the exam. Midterm 2 is non-cumulative. I will provide you with a textbook reading guide to help you focus your revision efforts.

LaunchPad Quizzes: These brief assigned quizzes are based on the Schacter textbook and are due after the end of each chapter we cover. Complete at least 5 of the 8 quizzes, but if you do more, we will take your top 5 scores!

LaunchPad Practice Quizzes: These adaptive smart-quizzes are programmed to assess your current knowledge and help you determine where to focus your study efforts. They are formative and optional.

Class engagement: will be evaluated primarily on meaningful Piazza engagement (mainly answering other students' questions and feeding into relevant discussions), participation in lectures, and scores on/completion of other quizzes (e.g. syllabus quiz: counts for correctness points) and homework. Unless otherwise specified, points will normally be awarded for effort rather than correctness for lecture quizzes.

Learning Community engagement: you will receive an average grade from the marks of all your MS Teams LC peers based on your regular involvement (e.g. attending lectures with your LG), meaningful contributions, level of peer support provided, and positive influence. Please note that you will only receive a grade if you complete an accurate and fair assessment of your LC peers yourself.

HSP Credits: See info below.

Final Exam: Exam details will be released in November by the UBC Exams Office. You will need to ensure you are available for the set date as there will be no alternative date for the exam. The Psyc101 exam will be cumulative, but with an emphasis on material since Midterm 2.

Research Experience Component:



Psychology is an active and exciting scientific discipline. Many of the studies that you will learn about in this course were carried out at universities just like ours! As part of this course, you will be asked to complete a research experience component (REC) as way of introducing you—in a more hands-on and interactive way—to cutting edge research in psychology. This REC will be worth 2% of your grade in the class and you are free to choose between the two options detailed below (or mix & match):

(a) Participate in the Psychology Department Human Subjects Pool

Most students will choose to earn their research experience component by spending **2 hours** participating in psychology studies (worth 1% point for each hour) through the Department of Psychology's Human Subject Pool (HSP) system. You can locate, create an account, and sign up for studies by going to <https://hsp.psych.ubc.ca>. Please register in the system by the end of the first month of classes to have the opportunity to earn your first ½ hour credit with a brief online survey that will increase your eligibility for more studies.

Once registered in the system, you will be able to browse through and select which studies you wish to participate in, sign up for an available timeslot, and confirm your accumulated credits afterward. *Ensure you assign your credits to the correct class.** The subject pool closes on the last day of classes, but you are strongly urged to participate in and confirm your credits long before the last week of class. Further instruction on how to use the HSP online system can be found at <http://www.psych.ubc.ca/resguide.psy> in the document entitled "Subject Pool Information for Participants." This year most studies will be available online.

(b) The Library Option

As an alternative to participation in psychology subject pool research, you may complete a library-writing project. Such projects consist of reading and summarizing 1) the research question, 2) the methods and 3) the results (in written form) of a research article from the peer reviewed journal *Psychological Science*. You will receive 1 research participation credit for each article summary that meets the following requirements:

- The article must have been published in the journal titled "*Psychological Science*"
- The article must have a publication date from the year 2012 to present (best is 2016 and up)
- The article must be a research article; it cannot be a review article, a news item, a notice, or a letter to the editor, etc.
- The article should also not be one covered in this or any other psychology class you are taking/have taken
- The summary should be ~500 words in length
- You must include your name, student number, course, section, instructor and email address on each summary
- You must log on to the Human Subject Pool system (<http://hsp.psych.ubc.ca/>) and create an account before submitting your article summaries. Your credit is assigned using the online system.
- You must also submit your article and your summary to 'Turn-it-in' (a plagiarism detection program). If you don't have a Turnitin account already (from a previous course), you will need to create a user account in Turnitin. For the library assignment the class ID is 6880064, class name is Library Option for HSP, and password is "research". See www.turnitin.com, and click on the "Training" link at the top of the page for detailed instructions on how to submit papers to Turn-it-in. Any student who is suspected of plagiarism will, at a minimum, not be granted credit, and their course instructor will be notified. Further action may be taken at a departmental or university level.

If you have any technical questions, these should be directed to hspresearch@psych.ubc.ca.

Extra credit (optional)



You may earn up to **1% extra credit** that will be added to your final grade (after any scaling) by doing up to 1 additional hour of study participation in the HSP (or summarizing another additional journal article for the library option) as described above.

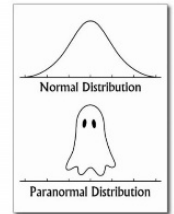
You may additionally earn up to **2% extra credits** for going above and beyond engaging with this course. This means I will allow a maximum score of 12/10 for Engagement this year. Various engagement methods will be noted.

Thus, the maximum total grade in this course is 103%. Yay! ... *Because we can all do with a little boost in our lives!*

Further Important Course Details (the fine print... please do read!!):

Department's Policy on Grade Distributions & Scaling: "In order to reduce grade inflation and maintain equity across multiple course sections, Psychology courses are required to comply with departmental norms regarding grade distributions. The mean grade in a 100/200-level class is 67 for a "good" class, 65 for an "average" class, and 63 for a "weak" class ($SD = 14$). Scaling will be used in order to comply with these norms; grades may be scaled up or down as necessary by instructors or the department. Irrespective of scaling, resulting marks always depend on students' mastery of course material relative to their peers."

→ Eva's note: Don't worry about this, though. I can explain in my OHs how it can work to your advantage in many ways. Just ask me!



Make-Up Assessments: Students unable to meet a deadline or sit an exam due to a serious medical problem, court appearance, or death in immediate family will be given the opportunity to make up the assessment. Wherever possible, they should provide their academic advisor a signed letter from the appropriate professional, before (or no later than 2 working days after) the deadline or exam date, on letterhead with the name, address, and phone number of the letter writer, that states: "Due to [legitimate reason], [name] could not write the exam scheduled for Psyc101 on [time & date]." In the case of a medical reason, it is advised the statement: "In my opinion, the medical problem would have made [name] incapable of writing the exam" be added. The UBC Health Services will not provide letters so the student should see their private physician. For first occurrences of an acute illness likely to be quickly resolved without seeing a health professional, students may directly apply to the instructor with a self-declaration form (on Canvas). Further information and policies can be found in the [UBC Calendar](#).

Remarking Appeals: If you have what you perceive to be an error in marking on any assessment, you may apply in email to the Instructor within two days the work was handed back for a re-marking of your entire assessment. Your request must detail why you believe the assessment be re-marked. If your request is approved, your work will be independently re-marked and the latter grade (whether lower or higher than the original) will be retained.

Studying Abroad: During this pandemic, the shift to online learning has greatly altered teaching and studying at UBC, including changes to health and safety considerations. Keep in mind that some UBC courses might cover topics that are censored or considered illegal by non-Canadian governments. This may include, but is not limited to, human rights, representative government, defamation, obscenity, gender or sexuality, and historical or current geopolitical controversies. If you are a student living abroad, you will be subject to the laws of your local jurisdiction, and your local authorities might limit your access to course material or take punitive action against you. UBC is strongly committed to academic freedom, but has no control over foreign authorities (please visit [this link](#) for an articulation of the values of the University conveyed in the Senate Statement on Academic Freedom). Thus, we recognize that students will have legitimate reason to exercise caution in studying certain subjects. If you have concerns regarding your personal situation, consider postponing taking a course with manifest risks, until you are back on campus or reach out to your academic advisor to find substitute courses. For further information and support, please visit [this link](#).

Copyright: All materials of this course (course handouts, lecture slides, assessments, etc.) are the intellectual property of the Course Instructor or licensed to be used in this course by the copyright owner. Redistribution of these materials by any means without permission of the copyright holder(s) constitutes a breach of copyright and may lead to academic discipline. Students must request and receive verbal or written permission for any copies/recordings. *The instructor can grant permission, even post-hoc. Just ask!*

Academic Integrity: Cheating, plagiarism, collusion and other forms of academic misconduct are serious concerns and will not be tolerated by the University. This includes but is not limited to: dishonest or attempted dishonest conduct at tests (e.g., unauthorized use of books, notes, or other aids, communicating with others for purposes of obtaining information, copying from the work of others, and purposefully exposing or conveying information to other students taking the test) or in-class quiz/poll, changing test answers once tests are marked, and handing in papers with sections prepared by others. Please review UBC's Calendar entries on [Academic Honesty](#), [Academic Misconduct](#), and [Disciplinary Measures](#), and check out the [Student Declaration & Responsibility](#). The Department uses software that can reliably detect cheating on assignments and exams, including multiple-choice exams. You will be required to submit your work to TurnItIn, a service designed to detect plagiarism. Evidence of cheating or plagiarism may result in a zero credit for the work in question and a report to the department head, a failing grade for the course, suspension from the University, cancellation of scholarships, and/or a notation added to a student's university transcript. All graded work in this course, unless otherwise specified, is to be original and own work and must be referenced fully and appropriately. Please consult the [APA guide](#) for information about how to cite all sources (Harvard Style & MLA styles also accepted). You may also find bookmarking this [Learning Commons page](#) useful. If you have any questions as to whether or not your practice could be considered even a borderline case of academic misconduct, please consult your TA in advance of your submission. If you've made it to this point in the syllabus, well done. After you have read this document in full, please add to the Social & Funnies folder on Piazza your favourite student-themed meme, comic or joke to demonstrate your thoroughness, engagement, and importantly, sense of humour.

University Values & Policies: UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions. Details of the policies and how to access support are available on the [UBC Senate](#) website.



Territory Acknowledgement: UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the Musqueam people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on in their culture, history, and traditions from one generation to the next on this site.